

Zucchini Slaw

*The Village of Little Britain - Nottingham, PA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

2 large tender zucchini, unpeeled and thinly sliced

1 small onion, thinly sliced

1/2 cup vinegar

4 tablespoons brown sugar salt (to taste)

freshly ground pepper (to taste)

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Sprinkle the zucchini and onion slices with salt. Let stand.

In a bowl, combine the vinegar and sugar.

Drain the zucchini-onion mixture. Pour over the vinegar-sugar mixture. Season to taste with salt and pepper.

Cover and refrigerate for one hour or longer before serving.

Per Serving (excluding unknown items): 49 Calories; trace Fat (0.7% calories from fat); trace Protein; 13g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	49	Vitamin B6 (mg):	trace
% Calories from Fat:	0.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	5mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0

Sodium (mg): 5mg
Potassium (mg): 105mg
Calcium (mg): 15mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 49 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	13g	4%
Dietary Fiber	trace	2%
Protein	trace	

Vitamin A	0%
Vitamin C	3%
Calcium	2%
Iron	2%

** Percent Daily Values are based on a 2000 calorie diet.*